



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 09297, Raisins, golden seedless

Report Date: July 01, 2017 00:56 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup, packed 165g	1 cup (not packed) 145g
<strong>Proximates</strong>						
Water	g	14.97	26	0.196	24.70	21.71
Energy	kcal	302	--	--	498	438
Energy	kJ	1264	--	--	2086	1833
Protein	g	3.39	27	0.056	5.59	4.92
Total lipid (fat)	g	0.46	22	0.027	0.76	0.67
Ash	g	1.66	27	0.025	2.74	2.41
Carbohydrate, by difference	g	79.52	--	--	131.21	115.30
Fiber, total dietary	g	4.0	--	--	6.6	5.8
Sugars, total	g	59.19	--	--	97.66	85.83
<strong>Minerals</strong>						
Calcium, Ca	mg	53	22	0.920	87	77
Iron, Fe	mg	1.79	22	0.026	2.95	2.60
Magnesium, Mg	mg	35	22	0.292	58	51
Phosphorus, P	mg	115	26	2.155	190	167
Potassium, K	mg	746	22	12.570	1231	1082
Sodium, Na	mg	12	22	1.228	20	17
Zinc, Zn	mg	0.32	22	0.017	0.53	0.46
Copper, Cu	mg	0.363	22	0.006	0.599	0.526
Manganese, Mn	mg	0.308	--	--	0.508	0.447
Selenium, Se	µg	0.7	--	--	1.2	1.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	3.2	7	1.034	5.3	4.6

Nutrient	Unit	1			1 cup, packed 165g	1 cup (not packed) 145g
		Value Per 100 g	Data points	Std. Error		
Thiamin	mg	0.008	26	0.000	0.013	0.012
Riboflavin	mg	0.191	26	0.012	0.315	0.277
Niacin	mg	1.142	26	0.082	1.884	1.656
Pantothenic acid	mg	0.140	--	--	0.231	0.203
Vitamin B-6	mg	0.323	1	--	0.533	0.468
Folate, total	µg	3	--	--	5	4
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	5	4
Folate, DFE	µg	3	--	--	5	4
Choline, total	mg	11.1	--	--	18.3	16.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	0.20	0.17
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	3.5	--	--	5.8	5.1
<b>Lipids</b>						
Fatty acids, total saturated	g	0.151	--	--	0.249	0.219
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.004	--	--	0.007	0.006

Nutrient	Unit	1			1 cup, packed 165g		1 cup (not packed) 145g	
		Value Per 100	Data points	Std. Error				
16:0	g	0.129	--	--		0.213		0.187
18:0	g	0.018	--	--		0.030		0.026
Fatty acids, total monounsaturated	g	0.019	--	--		0.031		0.028
16:1 undifferentiated	g	0.000	--	--		0.000		0.000
18:1 undifferentiated	g	0.019	--	--		0.031		0.028
20:1	g	0.000	--	--		0.000		0.000
22:1 undifferentiated	g	0.000	--	--		0.000		0.000
Fatty acids, total polyunsaturated	g	0.135	--	--		0.223		0.196
18:2 undifferentiated	g	0.104	--	--		0.172		0.151
18:3 undifferentiated	g	0.031	--	--		0.051		0.045
18:4	g	0.000	--	--		0.000		0.000
20:4 undifferentiated	g	0.000	--	--		0.000		0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000		0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000		0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000		0.000
Fatty acids, total trans	g	0.000	--	--		0.000		0.000
Cholesterol	mg	0	--	--		0		0

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--		0.0		0.0
Caffeine	mg	0	--	--		0		0
Theobromine	mg	0	--	--		0		0

#### Flavonoids

##### Flavonols

Kaempferol <sup>1</sup>	mg	2.7	20	0.57		4.5		3.9
Quercetin <sup>1</sup>	mg	2.4	20	0.5		4.0		3.5

<sup>1</sup>Karadeniz, F., Durst, R. W., and Wrolstad, R. E. Polyphenolic composition of raisins., 2000 J. Agric. Food Chem. 48 pp.5343-5350